

THE  
VVIDOVVES  
TREASVRE.

Plentifully furnished with  
sundry precious and approued  
Secrets in Physicke and Chirur-  
gery, for the health and pleasure  
of Man-kinde.

Hereunto are adioyned many  
pretty Practices and conclusions of  
Cookery, with many profitable and  
wholesome Medicines for sundry  
Diseases in Cattell.



LONDON,  
Printed by *Eliz. Alde*, and are to be  
sold by *Robert Bird*. 1631.







## TO THE COVR- TEOVS READER.



His Pamphlet being writ-  
ten ( not many yeeres past,  
as it should seeme ) at the  
earnest request and sute of a  
Gentlewoman in the Coun-  
trei for her priuate vse ,  
which by these singular practices hath ob-  
tained such fame, that her name shall be re-  
membred for euer to the Posterity: The o-  
riginall Copy ( by great chance ) was lent  
me by an especiall friend of mine , in peru-  
sing whereof I found it so furnished with  
such rare experiments & pretty conceits, as  
the like are not to my knowledge extant in  
the English tongue. I thought it my duty for  
the health & pleasure of many my friends,  
to set them forth to the view of the world,  
to be practised especially of those that take  
delight in such matter , or haue any occa-

## *To the Reader.*

sion through their defects to vse them for their healths sake. This I dare presume to report of the worke, that there are herein included very many Secrets that I know by the Widdowes owne practice, to be most singular and approned, and though perhaps they are not orderly set downe as many of better skill might haue done, I desire you to consider, that this was of the collection of such a one, as neuer once thought to haue made common, but onely to his good friend *M. R.*

This caueat shee giueth also by the way, to reade them aduisedly and practise with discretion, and as you finde, commend: and so with all hamility concluding, I dedicate vnto you this her Treasure and chiefe Iewell, desiring you to be a defence as well for her as me, from all such as shall in your hearing scorne her or me, for disclosing such profitable experiments.

*Farewell.*



# THE VVIDOVVES TREASVRE.

To make Sirrop of Roses or Violets.



**T**ake of Violets or Roses a pound, steepe them in three pintes of warme water, put it in an earthen pot with a narrow mouth, the space of eight

houres or more, after straine it and warme the water againe, & put it in againe so many Roses or Violets, and likewise let them lie eight houres: and thus doe at the least five times, the oftner the better, in especiall the Roses, and after take to every pinte halfe a pound of Sugar, and steepe them together with a soft sweet fire to the height of a Sirrop: If you haue more Roses or Violets, or fewer, let so much be the proportion of the water, according to the proportion before.

To make Diatrion Piperion the best.

Take white Pepper, blacke Pepper, & long Pepper, of each six drams, and eightene

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graines. Lime, Ginger, Aniseeds, of each  
a dram, beate the long Pepper, Anniseeds,  
Ginger and Lime into fine powder, bruise  
the other two Peppers as grosse as may be,  
then take Sugar clarified with Hyssop water,  
18. ʒ. seeth the Sugar, and take so much of  
the water abovesaid as will couer it. To  
know when it is enough, drop a drop on a  
saucer, and if it will come from the saucer  
without cleaving, it is enough. Then after  
cooling put in your powder and stirre them  
all together, and after put all into a pot.

*Virutes huius confectiois sequuntur.*

**T**His decoction is good to eat  
alwayes before and after meat,  
For it will make digestion good,  
and turne your meat to pure blood;  
Besides all this it doth excell,  
all windiness to expell,  
And all grosse humors cold and raw,  
that grow in belly, stomacke, or maw.  
It will dissolue without paine,  
and keepe ill vapours from the braine:  
Besides all this it will restore  
your memory though lost before.

Vse

## Treasure.

Use it therefore when you please,  
for therein resteth mighty ease.

To make Rosa-solis.

First, take a quart of the best Aqua vite  
that you can get, and put it into a glasse oz  
pot of earth, then put into it five handfuls  
of Rosa-solis cleane picked, and the roots and  
bead leaues cleane clipped off, a quartene of  
Sugar beaten to powder, nine Dates ope-  
ned, and the white skinnie within pilled oz  
plucked off, then sized the Dates in small pee-  
ces, and one Ginger  $\text{z. vi.}$ ,  $\text{z.}$  Nutmegs.  $\text{z.}$  Ani-  
milleeds,  $\text{℥iij.}$  liqozice, beating all these last  
rehearsed into fine powder, then put them  
all together in the said glasse oz pot, letting  
them stand very close stopped the space of  
thre oz foure dayes, then take them a'l and  
straine the foresaid things into some cleane  
vessel as hard as you may, so that you may  
haue as much of the strength as is possible  
to haue of it: then take and put the liq-  
into the glasse oz vessel that you  
presetie it in, and stop it very close  
strength passe out of it.

Doctor Hatcher's powder against  
the Stone.

A.

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Take the roots of Ireos, Liquorice, Calamus Aromaticus, the haire of the Harts skin burnt, of each  $\mathfrak{z}\mathfrak{i}$ . the roots of Cnula Campana, Philependula, Ginger, long Pepper, Anniseeds, Fenell-seed, Sarifrage-seed, Ana,  $\mathfrak{z}\mathfrak{i}$ . Cinamon, Baces, Ciperus, Spiknard, Casson, Betony, Ana,  $\mathfrak{z}\mathfrak{i}$ . Sugar,  $\mathfrak{z}\mathfrak{i}$ . Sene of Alexandria  $\mathfrak{z}\mathfrak{i}$ . Rhubarbe  $\mathfrak{z}\mathfrak{i}$ . Of all these premises make a powder fine and small, and take thereof the weight of  $\mathfrak{d}\mathfrak{i}\mathfrak{i}\mathfrak{i}$ . d. in the morning fasting with white Wine, twice or thrice a weeke luke warme. It cleanseth the bladder, backe, reines, and stoneyes from the Stone, it remedieth belly ache, and prouoketh a lare.

Master Stranges plaster against the Stone.

Take Planten, fetherfew, garden Tan-sie, and Housleke: of each a like quantity, Hampe all these together, and straine them, then take the iuyce and put to it Beane flow-  
er as shall make it thicke, and then  
add 2 or foure spoonfuls of Honey, and  
boyle them on the fire: which done, put  
the flower into the Honey, and  
boyle on the fire together, untill they  
be

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be stiffe like a plaister. When you will vse this medicine, you must take a double cloth that shall be a quarter of a yard broad, and as long as will goe round about you, and as hot as you can suffer it round about you, and this must you weare two dayes and a night, or else two nights and a day before you take it off.

To prouoke sleepe.

Take a spoonfull of womans milke, a spoonfull of Rosewater, a spoonfull of the iuyce of Lettice, boyle them in a dish, then take some fine flaxe, and make your plaister as broad as you will haue it lye on your forehead, and then moyst it with the same liquoz, and grate a little Nutmeg to strewe ouer it, and lay it to your temples and it will prouoke sleepe.

A soueraigne medicine for the  
Collicke.

Take a toast of household bread of cleane Wheat, and euer as you toast it, cast Raimisie on it, then take dried Lauender Flowers, and cast it on the toast, then lay it on a thin cloth, and as hot as you can suffer it lay it to your Pauell, as close as you can.

To



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To make Aqua Composita.

Take a handfull of Rosemary, a good root  
of Enula Campana, a handfull of Bilop, di.  
handfull of time, di. handfull of sage, six crops  
of mints, as many of Peniriell, as many of  
Parietina, di. handfull of Horehound, two  
ounces of liquorice, two ounces of Aniscedes  
bruised: then take three gallons of good Ale,  
and put therein all these things aforesaid,  
and cover the pot close till it boile, and then  
set on your Limbecke, and keepe vnder it  
but a soft easie fire. And if a man haue the  
stone, these herbes be good to put into the  
said water, viz. vi. handfull of Saxifrage,  
one handfull of Parsley, di. handfull of Phlo-  
tendoula, and di. handfull of Fennell.

For Cough or flegme in the  
Stomacke.

Take a quart of stale Ale, and a handfull  
of Goosemeat which is named Hayrese,  
and a quantity of pared Liquorice, and a  
quantity of small Massins, and boyle all to-  
gether into a pinte, and drinke thereof first  
and last.

For the Sciatica.

Take Sauery and mixe the iuyce thereof  
with Wheat flower, and make a plai-  
ster



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ster thereof, and lay it where you feele the paine.

A foueraigne oyntment for weakenesse in the backe.

Take a handfull of Daisie roots, and as much of Planten, Bursa Pastoris, Centummody, and the crops of Acorns, ana, a handfull of Wole Armoniacke, and the powder of Harts horne, then take a bucke Cony that is fat, and boyle all these together in white Wine and water, as much water as Wine, till the said Cony be consumed the flesh from the bones, and after take the Cony and the other geere forth of the broth, and strand the broth into a cleane vessell, and let it stand till it turne into a Jelly, and when you be in bed, cause the backe therewith to be anoynted by a chafingdish of coles three nights together, and lay thereon a linnen cloth warme, and softly lay it on, but in no wise chafe your backe.

For flegme or stopping in the Stomacke.

Take two handfulls of Hony suckle leanes and an ounce of Annisseds, and three sticks of Liquorice, boyle all these together in a quart of water, till they be boyled from a quart

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quart to a pinte, then drinke thereof in the morning fasting.

For Strangury or Stone in the reynes of the backe.

Take water of Camomill stilled, and drinke thereof when you feele paine, an ounce fasting, untill the paine be allaid, and eat a little Sugar after, because the water is bitter.

To make Oyle of Camomill.

Take Oyle a pinte and a halfe, and three ounces of Camomill flowers dyed one day after they be gathered in the shadow, then put the oyle and the flowers in a glasse, and stop the mouth close, and set it in the Sunne by the space of forty dayes.

To make Oyle of Roses.

Take Oyle washed eightene ounces, the buds of Roses, the white ends of them, cut away three ounces, lay the Roses abroad in the shadow foure and twenty houres, then put them in a glasse to the Oyle, and stop the glasse close, and set it in the Sunne at least forty dayes.

The manner how to wash the Oyle.

Take and put it into a basen of faire water, and beat it well with your hand, that  
the

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the drosse may fall downe, then take of that part which remaineth aboue on the water with a spone, and put the same Oyle into another balon of faire water, and wash it as you did before, and so purifie it thre or foure times.

To make the Oytment of  
Roses.

Take Oyle of Roses foure ounces, white Wax one ounce, melt them together ouer seething water, then chafe them together with Rose water and a little white vineger.

To make a Tyсанд.

Take Borage, Langdebeefe, Sozell, Cinise, Cinquesoile, two or thre handfuls of Barley well picked, and both the ends taken off, then take halfe a handfull of red Fennell roots, and a quantity of Liquorice, Sugar candy, Figges, Dates, great Raisins, boyle all together from a gallon to thre pintes.

For the Strangury.

Take a pound of Guaiacum, otherwise talled Lignum vitæ, and let it be beaten to powder as the Apothecary informeth you, then put the substance thereof in a pot with thre quarts of pure water, and close the mouth

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mouth of the pot surely, that in no wise the ayre thereof goe out, then make but a soft fire vnder the pot, that it doth not seeth or boyle, and to remaine so hot, but not boiling, the space of 24. houres, and at the end of 24. houres open the head of the pot, and take the whole substance and liquoꝝ and put it in a Stillitoꝝ, and put thereto a pottle of white wine, and when you haue stilled the same, drinke thereof euery morning fasting, or any time when you feele paine, and if you will haue but halfe a pound of Guiacum, then according to the proportion of that quantity, vse the ingredience that is aboue written: and because many cannot come by white wine, if you haue a pound of Guiacum, after the rate put to the pound a gallon of cleare water to be ordered the space of 23. houres as is aforesaid, then straine it thorow a cloth, and drinke of it at your pleasure, but the vertue thereof will not last past thre or foure dayes.

A Clister for the Strangurie.

Take Camomill flowers and Melons, of each one handfull, seeth them in a quart of water to a pinte, then straine the liquoꝝ and put thereto thre ounces of oyle of Camomill,

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momill, and the weight of two groates or  
lesse of salt, and prepare the Clister.

For the swelling of the Yard, or  
Cods.

Take Cgrimony of the water thereof distilled, and put thereto a quantity of Allom, and set them ouer the fire till they almost boyle: then with a ragge of linnen cloth anoint the Yard vnder the skin with the water well and warme: and it will abate the paine of the Yard and of the Cods also, if they be washed with the same. And to incarnate the skin of the Yard within, take the water of Sumitary, and lay Liquorice pared therein one night, and put of the same water into the Yard with a sponge, or else with a tent of linnen cloth.

Doctor Barties medicine for Aches  
with swellings.

Take flowers of Camomill and Rose leaues, seethe them in white Wine, making a plaster thereof, lay it to the place where any paine, ache, or swelling is.

To make one pisse.

Take the powder of the Berries of Iuie. and drinke it with white Wine, or else with Rale Ale hot.

The

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The worthy Doctor and excellent practitioner Rasis writeth, that whosoever oftentimes thrusteth vp into his nostrils the iuyce of great Marierum, shall neuer be diseased in the head.

A singular remedy for all diseases in the head, of what cause soeuer.

Take a handfull of Camomill, a handfull of Betony, a handfull of Geruine leaues cleane picked, stamp them and seeth them in Ale-wozt, and when it hath sod, put thereunto a little Cammin-seed finely beaten with a little powder of Harts-horne, three spoonfulls of Vineger, the yolks of two egges and a little Saffron, stirre them about, and lay a plaister hot ouer all his forehead. It is an approued medicine for the Pegrin.

Chestwozms that are found betweene the barke of trees, which will be round like a pease, sodden in oyle, it maketh a singular oymntment for the Pegrin, and the said oyle dropped into the eares, swageth the paine.

An approued medicine for the  
Tooth-ache.

The roots of Henbane sodden in Vineger and Rose water, put the decoction in your mouth.

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A worthy Purgation to auoid  
Choler.

Take halfe an ounce of Cassia newly  
bratone, a dragme of good Rubarbb, infused  
a night with water of Endife, with a little  
Spicknerd, and an ounce of sirrop of Vio-  
lets, mix all the said things with three  
ounces of Pilsan or Whay and drinke it  
warne.

Against the vnkindly heat of the  
Liuer.

Take a good handfull of Liuerwort that  
groweth vpon the stones, and another of  
fumitorie, with as much of Harts-tongue,  
and seeth them in Whay clarified, & drinke  
them euery day twice. Also seeth Barba-  
ries in Whay and drinke it.

The Liuer of a Hare dyed and made in  
powder, is approued for all diseases of the  
Liuer.

Methridates medicine against cor-  
rupt Ayres.

Twenty leaues of Rue, two fat Figs,  
two Walnuts, and a little salt: whosoener  
eateth of this composition, shal be safe from  
all kinde of benome that day.

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To increase milke in Womens  
breasts.

Parſnep roots, and Fennell roots sodden  
in broth of Chickens, & afterwards eaten  
with a little fresh Butter, maketh your  
milke increase.

Rice sodden in Cow milke with crums  
of white bread, Fennell seed in powder  
and a little Sugar, is exceeding good.

Cristall made in fine powder, and mixed  
with as much Fennell seed and sugar, and  
use to drinke it warme with a little wine.

An excellent Sope for Scabes  
and Itch.

Take white Sope halfe a di. and keepe  
it in sufficient Rose water, till it be well  
soaked, then take two dzams of Mercurp  
sublimed, dissolve it in a little Rose water,  
labour the Sope and the Rose water well  
together, and afterward put in it a little  
Muske or Cinet, and keepe it: this is sin-  
gular to cure a great Scab or Itch without  
perill.

An approved medicine to driue  
away Lice.

Take



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Take the Eggs of oyle, or fresh swines greace a sufficient quantity, wherein you shall chase an ounce of quicksilver, till it be sunke into the greace, then take powder of Stauesacre serced & mingled all together, make a girdle of a woollen list, meet for the middle of the Patient, and all anoynt it over with the said medicine, then let him weare it continually next his skin, for it is a singular remedy to chase them away.

The onely odour of Quicksilver killeth Lice.

For to stop the Flux.

Take bene crops and stampe it, and drinke it with stale Ale, and it will amend by Gods helpe.

For the bloody Flux.

Take an Apple & rost it, and put therein as much ware as a beane, & let the patient eate it, and by Gods helpe it will amend.

For a bruiſe.

Take an Ore gall and Onions, and fry them with sheeps tallow, and it will helpe presently.

An oyntment for the backe.

Take foure ounces of Unguentum Frigidum Galeni, an ounce of the iuyce of

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**Houslake**, two dragmes of **Spittle**, and as much of **Lead** burned, one dragme of **Camphire**, halfe a dragme of red **Rose** leaues, as much red **Corrall**, and according to Art, make all these an oymntment in a moyster of **Lead**.

For an **Ague**.

Take a handfull of **Harts** horne that groweth in the field, and a handfull of **Bay** salt, and lay it to your wrists.

For the **Tooth-ache**.

Take **Betony**, **Sage**, and **Allome**, seeth them in **vineger**, and let it lye in your tooth.

To keepe **Venison** fresh a long time.

Presse out the blood cleare, and put it into an earthen pot, and fill it with clarified **Hony** two fingers aboue the flesh, and binde a leather close about the mouth that no ayre enter in.

To keepe it from rotting after it is new slaine

Couer it close from the **Sunne** or **Ayre** with **fearne**, and lay it in a cold place, then wash it cleane, and let it lye in water halfe a daye,

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a day, and then lay it on the floore to drie :  
then set the water and salt together, and let  
it coole till it be luke warme, and then wash  
the Veni son therein, and let it lye in that  
pipkin three dayes and three nights, then  
take it out, and powder it with dry salt, and  
Barrell it and stop it fast.

### To keepe Peares.

Put them in a vessell that they touch  
not each other, and make a bed of Peares,  
and another of fine white salt, and couer  
them close.

### To kill Lice.

Take a fire & put quicksilver therein,  
and hang the clothes ouer it in the smoake,  
and no berrin will come in them.

### Against drunkennesse.

Drinke the iuyce of Marrow fasting, or  
eat the marrow of Porke fasting.

### To make Linnen cloth, or Yarne

white.

Take a Herring Barrell, and fill it full  
of Ale, or gges, and stop it fast, but first  
you must haue a good dishfull of pearched  
beanes, and put them in a linnen bag, and

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being hot, put them to the dregs till they be coole, and shut it fast the space of a quarter of an houre, then take a pound of Allum ground to powder, and cast it therein, and let it lie so foure dayes well closed, then wash it.

To remedy the feet that are sore  
with Trauelling.

Take Plantaine & Stampe it well, and annoynt your feet with the iuyce thereof, and the griefe will swage.

A notable experiment against the  
Tifficke of the Lungs.

Take of the Wimpernell brought into very fine powder two ounces, of new Wimpernell water & of Sugar as much as shall suffice, making thereof an Electuarie, of which take daily two dragmes.

Wardley with crums of bread applyed in stead of a plaster, doth heale the Shingles, but the decoction of the same drunke doth breake the Stone. Florenti.

Spints put into Milke, it neither suffereth the same to curd, no; to become thicke, in so much that laid in curded milke, it would

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would dissolue the same againe , so that by the same vertue and property, he saith to resist and abate the generation as well in man as woman. Florenti.

A good drinke for the Pestilence.

Take a Lilly root and wash it cleane, & boyle it in white wine till the one halfe be wasted, and then giue it the sicke to drinke, and he shall breake out full of bladders, as if he were burnt or scalded, which of themselves will dry and waxe whole. Pastor.

Chestnuts eaten with hony fasting , doe helpe a man of the Cough.

To make a perfect blacke Inke to write or limme withall.

Take one pound of Galls , one pound of Gum Arabick, of Vitriall an ounce, bruisse your Galls and Vitriall, and put them into a vessell fit for your purpose, fill it with white wine , that all your stufte may be couered aboue a hand breadth : then set it in the Sunne and stirre it daily.

A very good Greene.

Take the iuyce of Rue, Herdigraee, and Saffron, bray them , and when you will

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Use it, mingle it with Gumme water.

Another Greene.

Take Greene Bayes, keepe it alone in Vineger, then straine it thorow a linnen cloth, and grinde it with a little Honey & Gumme water.

An Emerauld greene.

Take Verdigrace, Litarge, Quicksilver brayed to powder, and ground with the piss of a young childe.

For to make a colour like

Gold.

Take an ounce of Oypiment, one ounce of fine Cristall, bray them severally, and mingle with them the white of an Egge.

Take Saffron dried beaten into powder, & put to it as much glistering Oypiment, that is scalp, and not earthy, then with the gall of an Hare, or a Pike, bray them together, put them in some violl vnder a dunghill five dayes, then take it out and keepe it, for it is the colour of gold.

A notable receipt to make

Ipocras.

Take of Ginger two dragmes, of Cinnamon, ii. of Cloues, Nutmegs, & Galanga  
of

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of each a quarter of an ounce stamp them,  
& put them in a bagge or Strainer. Then  
take a pinte of the best red or white wine  
that you can get, or a pint of good Ralsie,  
and mire them all together, then take a  
pound of Sugar fined, and hauing stamped  
it put it into the other wine, and so powze  
it vpon the Strainer wherin you did put the  
said wine with spices: then hauing taken  
it out, you must powze it out againe, so of-  
ten untill it become as cleere as it was be-  
fore, stirring it sometime in the Strainer or  
bagge, with this speciall note, that that is  
but to make a flaggon full: Thersfore as  
you will haue it in quantity, take the more  
store of the said things: you may binde a  
little Muske in a faire linnen cloth at the  
end of a Strainer, so that all the substance  
may runne ouer it, so that it shall haue the  
odour of Muske.

A proper deuice to make Lights of an  
excellent fauour.

Take two ounces of white Incense, of  
Camphire an ounce, beate it in powder, &  
make thereof little round pellets, adding  
thereunto some white ware, then put  
them

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them in a platter full of sweet water, and  
fire the pellets with a candle, and you shall  
have an excellent light and sweet savour.

To destroy Lice.

Take frankincense beaten to powder,  
and a quantity of Bees greace, and boyle  
them together in an earthen pan, and here  
with anoint the places where the Lice are.

To make red Inke.

Take two ounces of Brasill, and a pinte  
of water, and put the Brasill into it, & let  
it remaine there fire or seven houres, then  
seeth it untill the third part be diminished,  
and it is a perfect red.

To know whether Wine be mingled  
with water, or no.

Take ripe Mulberries & put them into  
your wine, if they swim, the wine is pure;  
but if they sinke, there is water mingled.

Also a Beare cleane pared causeth the  
same effect.

To heale lips that are chapt with  
winde or cold.

Pew ware, Bastick, and Frankincense  
with oyle of Roses, all this made in an  
ointment,



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ointment, and therewith anoynt the chaps,  
they will heale presently.

For kided heeles.

Take Gum Dragant and Galbannum, of  
each alike, & make thereof a powder, then  
take Dre tallow, and a little oile of Vio-  
lets, and melt them on the fire, and therein  
put the said powders, and make thereof an  
oyntment wherewith to dresse your heales.

For Scabs in Children.

Oyle of Roses, the weight of six pence  
in common salt, and a little fresh butter  
kild all together, untill it become an oint-  
ment, healeth them.

To destroy Crab-lice.

Albes laid on oyle, or take of Aloes, O-  
libanum, and Ceruse, of each foure ounces,  
beating them all into powder, and mingled  
with Oyle of Roses, or fresh Barrowes  
greace.

An order to make Wormwood water,  
the best sort, as followeth.

Take six gallons of old and strong Ale,  
and take a boyder full of Wormewood  
cleane picked and washed, the water well  
boiling out of it or shaken, halfe an ounce of  
large Spice, halfe an ounce of Cynamon, 2.

ounces

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ounces of Putmegs, a quarter of a pound  
of Anniseeds, and as much Liquorice, and  
bruiſe all thoſe ſpices together, but not too  
ſmall, & cut the woꝝmwood betwixt your  
hands, and then ſeeth all theſe together in  
the pot, and ſtill them as you ſtill Aqua vi-  
tae together, & ſo you ſhall haue two quarts  
of the beſt, beſides the ſmaller oz. breaker.

To make a good Poſſet-curd.

Fiſt, take the milke and ſeeth it on the  
fire, and before it ſeeth put in your Eggs  
according to the quantity of your milke, but  
ſee that your Eggs be tempered with ſome  
of your milke that ſtandeth on the fire, and  
you muſt ſtirre it ſtill untill it ſeeth, and  
beginneth to riſe, then take it from the fire,  
and haue your drinke ready on a chaſin diſh  
of coales, and put your milke into the ba-  
ſon as it ſtandeth, and couer it, and let it  
ſtand a while, then take it vp, and caſt on  
Ginger and Cinamon.

A Medicine for the Mother.

Take Peppercorn, & ſtampe it, then take  
two ſpoonfulls of the ſaid iuyce, and a poꝝr  
full of ſallet oyle, and let it ſeeth away two  
parts,

## Treasure.

parts, then vnto that remaineth put the quantity of the oyle onely, and anoint the place where the Mother riseth.

To make sirrop of Roses or  
Violets.

First haue a glasse with faire water, and make it warme in a pot of seething water, & when your water in the glasse is warme, then put to it Rose leanes, and let it stand till it be cold, then wring out your Roses, and make the foresaid water warme again as befoze, and then put in other Roses, and so doe nine dayes: and then put in Ginger, and seeth it vntill it be sirrop.

To take away the Cough or  
Stitch.

Take a pinte or a quart of Malmsey, one handfull of Anniseeds, one handfull of vnset Hyssop, one Liquorice stick bruised, halfe a dish of sweet Butter, seeth all these things together till they be thick, and after spread it vpon a tost of wheat bread, and lay them within a linnen cloth, as warme as you may suffer it to your stomacke. But if you will take this for a stitch, leaue out the Butter.

The

## The Widowes

The head anoynted with the iuyce of  
Lekes, preserveth the haire from falling.

To make Jelly.

For a pottle of Jelly, take of Cynamon a  
quarter of a pound, of Ginger two ounces  
& di: of Graines two penny worth, of long  
Pepper, two penny worth Cloves, halfe an  
ounce, of Sugar two pounds, di. of Turne-  
sole two ounces and di. and ten Nutmegs,  
looke that the spice be good and well made  
cleane, then take fire Calves feet, or an old  
Cock, and three quarts of Claret wine, and  
a pinte of water, and let them boyle so long  
together untill you may see the said liquoz  
clāmish betweene your fingers, then take it  
from the fire, and straine it thozow a strai-  
ner, and so let it stand till it be cold, that the  
filth may descend to the bottome, and when  
you will finish your Jelly, take the best of  
the said liquoz & put into another pot with  
the proportion of spices, and boyle them to-  
gether by the space of halfe an houre, and in  
the meane time make cleane your Turne-  
sole and dust it well, then take a Ladle full  
of the said liquoz, & put your Turnesole in  
it, and when it is a little well soaked, then  
boiling

## Treasure.

bring out so oft as it shall be needfull, untill your Jelly be faire coloured. Then take the whites of eight Eggs, & beate them together a good while, and skim off the froth, & a little before you shall thinke it time to draw your Jelly, put the said whites into the Jelly with three spoonfulls of Vineger, and forthwith draw your Jelly thorow a woollen bagge, and put in a branch of Rosemary in the end of it, and so dish it.

### How to dresse Orenge.

Take Orenge and haue them with a knife, and quarter them like an Apple, and take out all the meat out of them, and lay them in water, and shift them twice a day: when you thinke they be enough, take them out, then set on faire water on the fire, then put your Orenge in and perboyle them, then take them out, and set their mouthes downewards in a flasket, that the water may run out, then set on faire water ouer the fire to perboyle them againe, and if they be not well perboyled, boyle them againe till you may pinch thom thorow, then take them out and put them in a faire cloth, and lay them in a flasket that it may draine out

## The Widowves

out of them, then take a gallon of running water & put them into it, and at euery foure Dringes you must put in a pound of Sugar, & when you haue done so, set it on the fire, but before you set it on the fire, take an Egge and breake it, and take out the white of it, and lay it in water, take your hand and beat in the water, and set it on the fire, and let it burne cleere vnder it, and looke that no smoke arise, and when it both seeth, skim off the top of it very cleane, then take it off the fire, and with a strainer straine it into another pot, then put in your Dringes, then make the fire good and temperate, so that it seeth not too fast, then you must take a spoone and skim off the some, so that you touch not the Dringes, and as the sirrop both seeth, so with a spoone turne them, and alwayes lay the sirrop vpon the Dringes; when they haue sodde halfe an houre take them out, and let your sirrop seeth a good space, then take some of the sirrop and coole it, and if you see it any thing thicke, then put the Dringes into it againe.

To preserue Damsons.

Take a glasse that hath a wide mouth, & strewe some Sugar in the bottome, then lay

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lay a row of Damsons and a row of Sugar, thus doe till your glasse be almost full, then put to it Rose-water, & a few Cloues, and a little Sinamon, then stop your glasse with paste, then haue a pot with hot water ready on the fire, and put some Hay in the bottome of the pot, for sauing the glasse from breaking, and let not your pot boyle too fast: then take vp the Glasse, and looke whether your Sugar be consumed, and in the meane space make ready your sirrop, then when it is cold, put in your Damsons. The sirrop must be made of Sugar and Wine, Rose-water, and whole Sinamon, or halfe faire water diuided, that the glasse must boyle till the Sugar be consumed.

To make dry Peares.

Take faire water and Rose-water, according to the quantity of your Peares, then take Honey as much as you shal think good, & put in your Peares, then let them lye the very softly, that they breake not, then take them out and put them in a Collander and let them draine, then when you draw your Bread, put them into the Oven in some earthen pan, and if they be not dry at the first, put them in againe untill they be

## The Widowes

dry, then barrell them.

For the shaking of the hand.

Wash your hands in the water that is in a Lauoz, and put therein some Sage, let your hands dry of themselves without wiping.

To stay the bloody Flux.

Take and cut out a piece of Beefe of a new killed Oxe about the brisket, and eat it raw, and this helpeth it.

To restore the blood againe.

Take halfe a pinte of Muskadell, and a pennyworth of Sallet oyle, & put them together and drinke it in the morning, and walke an houre after.

For the ruuning of the Reynes.

Take Bellitoy of the wall a good handfull, wilde Time and Parsly, boyle them in a quart of Strong Ale, untill it come to a pinte, and drinke thereof morning and evening, nine or ten dayes, halfe a pinte at a time, and warme it.

For the Ague.

Take a handfull of Smallage, & a handfull of Bay Salt, and a handfull of white Frankincense, and six Plantaine leaues, beat all these finely in a Morter, the diuide them



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them into foure parts, and lay two parts to your brests, and the other two parts to the bought of your arme. An houre before your sit come, you must haue a pinte of Ale sod to the one halfe, and when it riseth, skim it, then put in a white Bread crust, and let it seeth with the Ale, and when your Ague beginneth to come, drinke it, and eat the crust of bread.

### A drinke for the Ague.

Take Bay leaues, and Sage leaues, and seeth them in white Wine, after straine Wine from the leaues, then take Bayberies and bruse them somewhat grosely, and put them in the Wine, and a little before your sit commeth, drinke it.

### A medicine for the wormes in a Childs belly, or any other.

Take a pound of Hay Butter, and clarifie it in the Sunne, then take two pound of Wormwood stamped, and then weigh it after it is stamped, the Wormwood must be gathered greene, then mingle them together with your hands after they be put together, and set them in the Sunne nine dayes in a pot or Glasse, and

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let it boile an houre and halfe, then straine it, and put it vp in a Gally-pot, or in a double Glasse, and alwaies at the full of the moone anoint the belly of the party against the fire, at no time else: the Medicine must be made in May.

A Medicine to get Betlewigs out of  
a Mans Eare.

Take Herbgrace, stampe it and straine it with Aqua Composita, and put the ioyce into the eare that is pained, afterward lye downe on that side, and binde a cloth fast about the head, and they will come out.

For a Leg that is swolne with a fall.

Take Hemlockes and heat them hot betwene Tyles, and lay them to it, and the swelling will assuage.

For a Wen when it beginneth.

Take an old Lable and hold it against the fire untill it doth fry, and anoynt the Wen with that that fryeth out of the Lable thre or foure times a day, and it will helpe it.

For the Collicke.

Take a quart of white Wine and make a Posset, then take the Posset-drinke and  
put

## Treasure.

put therein a handfull of Mother of Time  
and a handfull of yong Parsly, and sethe it  
in the Posset drinke, & take halfe a penny-  
worth of long Pepper, and put in the Pos-  
set, and giue it to the patient to drinke.

For the Canker in the mouth or throat, or  
to wash your Teeth that be hollow  
and stinke.

Take a quantity of red Sage, and twelue  
crops of Rosemary, and Hony-suckles, and  
wilde Daisies, and Sinkfoile, boyle them  
all in a pinte of faire water, till it be sod-  
den to the halfe pinte, then take a little  
Roeb Allom and burne it to powder, and  
then take halfe a spoonfull of Honey, then  
put them into a faire cloth and straine it,  
and whē it is cold, put it into little glasses.

### For the Gout.

Take Camomill, Balme, Hollyhockes,  
Lettice, Mallowes, Grounseil, Chick-  
weed, of each a handfull, boyle them in  
faire water till they be tender, then take a  
quantity of great Matmeale and beat it  
small, then put it into those Herbes that  
you haue boyled, with two spoonfulls of

## The Widowes

Capons grease, and then boyle them all together, untill it be so thicke that it may be spread vpon a cloth, and as you seeth it, stirre it that it burne not to, then being sod, spread it on a cloth, that it may be laid to the grieved place as hot as may be, and it shal help in twice dressing.

If you haue any paine in the sole of your foot, take halfe a dozen of the leaues of ground Iuy, prick them, and wrap them to the sole of your foot, and so continue vntill you finde ease.

### To preserue Quinces.

First pare your Quinces and core them, the take in euery pound of Quinces a pinte of Rose-water, and a pound of Sugar, then take the Rose-water & Sugar, boyle the together with some of the cores of the Quinces, then clarifie the liquor with whites of Egges, and set it ouer the fire againe, and when it seetheth, put in the Quinces, and cast in a sticke or two of Cinamon, and if they cast not colour quickly, coner them, and let it seethe vntill you may put a Rush thorow them, then let it stand vntill it be reld, and so set it by.

## Treasure.

A Borage Tart, or Spinage.

Barboyle your Spinage, then stampe it and straine it with halfe a dozen yolkes of Egges, season it as your Creame Tart.

A medicine for the Plague.

When you suspect your selfe to be infected, goe to bed and cause a pinte of Rhalme to be put in a pot, and halfe a penyworth of Gzaines beaten small to put in the same pot, boyle them together, and drinke thereof as hot as you can, and sweat.

Against the Felon and Vncomes.

Take an ounce of Sage, of Rew, the weight of the Sage in Sene Greene, wash these together, and shake out the water, dry them with a cleane cloth, and chop them very smal, then take sowze leauen the bignesse of a Tennis ball, blacke Hope a spoonfull, two spoonfulls of Tarre, stampe it in a wooden dish with a pestel of Wood, lay the same morning and evening vnto it an inch thicke.

Sirrop of Fumitory openeth and taketh away all obstructions of the Luer and stomacke, and fortifieth all the members, it cureth all sores about the inward part that

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come of salt and burnt water, as Scabs,  
Lepre, and the French pox.

Sirrop of Rosa Solis, good for swooning,  
or any other diseases in the  
Stomacke.

Take a quart of the best Aqua compo-  
sita, Aqua vitæ a quart, a quantity of the  
Roses of Solis cleane picked, and some-  
what dried in the Sunne, put all these in a  
glasse, set it in the Sun foure or five dayes,  
then take di. 3. of case Ginger, di. 3. of Put-  
megs, di. 3. of Clones, white Pepper, of  
Graines, Anniseeds, Coliander seeds, Ana,  
a quarter of an ounce of Seene, a sticke of  
Liquorice, foure corns of long Pepper, di. 3.  
of cinamon, then put all these Spices being  
well chosen, finely dried, and somewhat brui-  
sed, into the pot, then take a quarter of a li.  
of red Currans, di. a quarter of a pound of  
Dates, a quarter of a li. of Rayns of the  
Sun, 8. Figs of Algaty, 8. graines of  
Muske, as much of Amber-græce, white  
and red Corall Ana, of Pearles 3 all these  
infused together in the said liquor, and set  
in the Sunne forty dayes, and closely coue-  
red that no Aire come vnto it.

Aqua,

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Aqua, Rosa Solis.

Take a pinte of Aqua vitæ, a gallon of the flowers of Rosa Solis wel pickt, a piece of Angell gold, Rosemary flowers, or the herbe it selfe, and a quantity of fine sugar, still them in a stillitoze, & keepe the water close, and vse it by a spoonfull at a time.

To make fine Cakes.

Take a quantity of fine wheate flower, and put it in an earthen Pot, stop it close, set it in an Ouen, & bake it as long as you would a pasty of Menison, whe it is baked, it will be full of clods, then serce your flower thozow a fine sercer, then take clouted Creame or sweet butter, but Cream is best, then take sugar, cloues, mace, saffron, and yolkes of Eggs, so much as will serue to season your flower : then put these things into the Creame, and temper all together, then put to your flower, and make your Cakes, the paste will be very short, therefore make them but little, and lay paper vnder them.

To make an excellent Pomander.

Take of Storax Calamita, ʒ. ss. of Benjamin two ounces, of Labdanum, ʒ. ss. of Cloues,

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Cloues, white Saunders, of each three dragnes, Marierum two dragnes, mingle with these powders Muske and Ambergrace, of each a scruple: make your ball with the infusion of Rose water and Cinet, in a mortar somewhat warme.

A precious Oyntment for all manner  
of Aches.

Take a pound weight of Sage, as much of Rew, halfe a pound of Mozmwood, and as much of crops of Bayes, and beat them very small in a mortar, then take two pound and a halfe of Sheeps tallow, and temper it with the Herbs that be beaten, and beat them againe together new, and then put them in a pan, and set them on the hot embers, and put thereto a pottle of oyle of Olive, and let it stand vpon the hot embers, two houres and a halfe at the least, then straine it thozow a coorse cloth, and put it in an earthen pot, and so vse it. This would be made in May or June.

For the Canker in the mouth.

Take white Vineger a quantity, with as much Honey, and then set them on the fire to boyle with a little Allom: and wash  
your



## Treasure.

your mouth therewith, as oft as it shal need.

Take the iuyce of Plantaine and Wineger, and water of Roses, and wash your mouth.

Take the iuyce of Woodbine, and the iuyce of Solsequi, that is, Marigolds, and Hony, the powder of Cannell, the powder of Copporis, and the powder of wilde Sage burnt and mingled all together, and lay it thereon where the Canker is, and it shall dry it. But to slay the Canker, take a red Onion and lay thereon.

Carduus eaten or drunke in powder prouoketh sweat.

A Mouse roasted and giuen to Children to eat, remedyeth pissing the bed.

A precious drinke for the Pestilence  
aproued.

Take Feuerfew, Matfelon, Bugwort, Solsequi, Scabious and Gallowes, wash them and stampe them, and temper them with Ale, and glue the sicke to drinke six spoonfulls at once: if he haue it betimes, it will destroy the corruption, and saue the sicke patient.

## The Widowes

A singular Medicine to resist the  
Pestilence.

Take powder of Saffron ten graines,  
Walnuts twenty graines, two figs, and  
six Sage leaues stamped together, with .3. i  
of Pimpernell water, and three graines of  
Nithridatum, keepe this in a close Glasse,  
and eat therof in the morning 12. graines,  
and this will defend the receiuer from the  
Pestilence.

The great Garden Docke being drunke  
in wine, purgeth flegme, choller, and wa-  
ter downwards.

The vertue of Mother-wort.

It groweth by the high-waies and stony  
walls, bushing with many stalkes, leaved  
like a Pettle, but more ragged, and to-  
wards the bottome like vnto Crow-foot. It  
is of wonderfull force against any sicknesse  
of the heart, whereof the chiefe name is de-  
rined: it helpeth Crampes and Palsies, it  
killeth wormes in the body, it cleanseth the  
breast from flegme, it doth open cold ob-  
structions, it prouoketh Urine, moueth wo-  
mens flowers, the iuyce being drunke, or  
the herbe in decoction, and a spoonfull of  
the powder of this herbe giuen in wine,  
helpeth

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helpeth the hard labours of Women.

An excellent Medicine against Impost-humes, Plurifies, Coughs, and all diseases in the brest.

Take a handfull of Scallions, the herbe dried, Liquorice cut small an ounce, twelve Figs, Fennell seede an ounce, Anniseeds as much, Carius halfe an ounce: lay these in water, or white wine a night, the next day boyle them till it be consumed to a third part, then sweeten it with Sugar.

A Medicine for the Collicke.

Take Dates and parch them as you doe Reason, and as hot as you can suffer it, lay them to the Panell in a Linnen cloth.

For the same.

Take a faire flat stone and make it red in the fire. then take it out and let it coole till the rednesse be past, and then take a halfe peny worth of Saffron, and lay it vpon the stone, and turne it vp and down till it be all come vnto powder, then take a spoonfull of Halmsey, and put the Saffron thereunto and drinke it, the paine will soone cease.

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A p[re]sent remedy against the  
Plague.

Take a great red Onion, and make a hole  
in the midst, and put a spoonful of Triacle,  
roast him in the fire : take a spoonfull of vi-  
neger, a spoonful of Aqua Composita, bruisē  
them all together, straine them thorow a  
cloth, and giue it to drinke.

For the Cough.

Take three Figs and roast them, and put  
them in a cup of Beere, and a little Liquor  
rice and Anaisēds beaten, then let it stand  
by the fire till it be warme, then take out  
the Figs and eat them, then drinke vp the  
drinke, and goe to bed warme, and in foure  
nights it breaketh the Cough.

To allay heat.

Take of Vineger one part, fine Sugar  
two parts, running water foure parts,  
boyle them all together to the one halfe and  
more, and when you shall occupy it, take a  
spoonfull and a halfe of the said sirrop, and  
eight or nine spoonfuls of Barley water,  
drinke it.

To breake Flegme.

Take a quart of Muscadine. a pinte of  
Hysop water, three good liaces of rased  
Cin-

## Treasure.

Ginger, and as much of Liquorice cleane  
pared, then take two penyworth of Sugar  
Candie bzuised, put all these in a Glasse,  
shake them together : couer your Glasse  
foure and twenty houres, and drinke there  
of morning and euening.

A preparatiue before you purge  
the Stomacke.

Take Sene thre ounces, of Polipody  
thre ounces, of Annis seeds thre ounces,  
seth all these in a quart of water to a pinte,  
and straine them throzow a faire cloth, put  
in Sugar to make them pleasant.

To purge the Stomake.

Take a handfull of Mercuri, as much of  
young Gallowes, an ounce of Sene, thre  
spoonfulls of Annis seeds, put them in a pinte  
of white Wine, and as much Ale al night,  
the next day seth them together til halfe be  
consumed, thē drinke thereof a good draught  
in the morning, and sleepe vpon it.

An excellent purger for all parts  
of the body.

Take an ounce or two of perfect Tur  
pentine of the chiefest, bzuse it and  
dissolue

## The Widowves

dissolue it in a mortar with a Pestill, with halfe the yolke of an Egge, put thereto three ounces of Smallage water, beat them together till it be like milke, and sop it vp, but first wash your Turpentine in Fenell water.

To make the haire of the Beard  
to grow.

Take Cane roots, Bryony roots, Beets, Radish, Flower deluce, and Onions, of each alike, the quantity of foure ounces, six fat Figs bruised & stamped very small, Maidenhaire, Sotherwood, Dill, of each a handfull, seethe all these in good Wine, the wyng out the liquoz, and straine it throzow a strainer, then put to it fresh Butter neuer salted, pure Hony two ounces, Oyle of Almonds sweete and solure, Oyle of Sesania an ounce, Orimell squillica halfe an ounce, the powder of Beale, Sigella, Feneграcke wel sifted, and thoroughly boulded in a bouldet, one handfull of Cassie, Labdanum an ounce, set these vpon the fire, and stir them well till it be thick. This lineament being applyed to the chin and cheekes, will become haire, the body first purged from all filth inwardly: proued by experience.

Marma-

## Treasure.

### Marmalade of Quinces.

Take your Quinces and coare them, and pare them, then put to them so much water as shall suffice to boyle them so tender that they may be strained, when they be sodden, put out as much of the liquoz as you leaue: when that you haue sufficient to straine it, the let it stand untill the next day morning, and measure with a pound dish how many pounds of substance you haue: then take to euery eight pound of Quinces six pound of Sugar, then put it to the liquoz that you kept before that your Quinces were first sodden in, and then set it on the fire and let it sethe a while, and clarifie it with whites of Egges, then straine the said liquoz, and put it to the substance of the Quinces aforesaid: and so set it on the fire, and let it boyle untill it haue a faire colour, that it may cut at the sides of a dish, then put it into bores. If you will put in any Muske, take Rose-water in a sawcer, and put in your Muske, and when you haue taken your Marmalade from the fire, immediatly put in the same Rose-water and Muske, and stirre it together and bore it.

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A Whay for Itch or breaking  
out.

Clarifie Whay with the leanes of Succorie, Endiue, Bozage, of each an ounce; of fumatoꝝ flowers, of Hops an ounce, one fennell and Succoꝝ roote bruised, of great Rayfins an ounce : let these be clarified with a quantity of whay, drinke thereof euery morning a draught warme, five or six mornings, then take a handfull of Sene sodden in a pot closely stopped, from a pinte to a quarter of a pinte, with a few Annise seeds bruised : then straine it and drinke it in the morning fasting, and by and by a little Alberry and some thin broth.

Oyle of Myrhe healeth all Itches, burnings, Pimples, Cliffs about the Fundament.

Oyle of Tartare mingled with Camphire, the face being therewith anoynted, it maketh it faire and smooth.

For a cut or sore bruise.

Take Roots of Louage, Alehose, Parsly, Ana, &c. beat them in a morter very fine: then take Barrowes greace and boyle them together : then straine forth the iuyce, and take as much vnwrought ware as a Walnut,



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nut, halfe as much Rosen, & let them boile  
together: and after you haue thus done, let  
it passe thorow a strainer into a litle pan  
of water: then let it stand untill it be cold:  
then labour it in your hands untill it be  
somewhat thox: then wzap it in a Leather,  
and so vse it.

For a weake backe.

Take six crops of red Rcp: two spoon-  
fuls of Archangell flowers, and thzed them  
fine: and take two new laid Egges and stir  
thetogether: make thze o2 foure fritters  
with a morsell of sweet butter, fry them in  
an earthen pan, & let them be eaten with-  
out Bzead o2 Salt: but with fine Sugar.

The plaster for the backe.

Take white Archangel flowers & leaues,  
Camphyr leaues and roots, j. 3. Plantaine,  
and Bursa pastoris, Ana, j. 3. beaten very  
fine, and put to them a spoonfull of Hony,  
and fry them in a frying pan, and diuide  
it into foure parts, and make of euery part  
a plaster, and so lay it to the backe; euery  
night a plaster.

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Master *Roses* medicine against the stone,  
and to cause one to make  
water.

Take a new laid Egge, and in the great  
end thereof make a hole, and take out the  
 yolke and white of it, and lay the hole of the  
 same Egge downwards vpon a hot bricke  
 stone untill it be purged, so that you may  
 make powder thereof, then take it and drinke  
 it with white Wine first in the morning,  
 and last in the evening, and it helpes.

For heat in the reines, and to auoid the  
 blistering of the mouth.

Take *Liuertwozt*, *Sorrell*, *Succozie*,  
 *Balme*, *Ana. s. 3.* and see the these in a quart  
 of *Whay* well clarified halfe an houre, and  
 drinke thereof euery morning a draught of  
 halfe a pinte at once.

For one that is deafe.

Take sweet *Sallet* oyle halfe a pound,  
 adde to it *Mozmwood*, *Sorrell*, *Anniseds*,  
 *Perwinckle*, *Ana. di. 3.* and dry all this to  
 powder. Take powder of old *Roses*, an  
 ounce of *Cologuintida*, being boyled in oyle  
 a good while, then straine it thorow a cloth  
 a good while, and put thereof three drops  
 into the eare of the party that is grieved  
 being

## Treasure.

being warme, and vse this euery day twice:  
this hath been proued.

Against the Piles.

Take a great siluer Cele, slay him, draw  
him, and let him touch no water nor Salt,  
cut him in gobbets and roast him: the first  
dropping being cast out, take the next drop-  
ping, and with a fine Linnen cloth being  
dipped in it, the dropping of the Cele being  
hot, and so with the cloth soake it vpon the  
places griened, this will helpe be they ne-  
uer so soze.

For the passion of the heart.

Take red Rose leaues, the powder of  
Saffron, the Oyle of Pace, and melt them  
together, quilt the same in a little thin silke  
and draw it ouer with a little thin Cinet,  
and apply it to the region of the heart.

For the Itch.

Take twelue of the yelowest Docke  
roots, scrape them as you will scrape Pars-  
nips, cut them small, and stampe them ve-  
ry fine, set them ouer a Chasingdish of  
coales, and put therein halfe a dish of sweet  
Butter, and let them boyle together till  
your rootes be ready to straine, and when

## The Widowes

they be thorowly boyled, straine them, and when you haue so done, put thereto a spoonfull of Whimstone beaten to powder: then stir them both together, and set them in a cold place, and it will be a salve, and so let the patient anoynt his body before the fire, and let it soake into the skin, vse it morning and euening.

### For a Fellon.

Take Leauen very softe, and crum it into a little Dipkin, then take a quarter of a penny dish of Butter, and foure spoonfulls of Rose Winger, leaues and all, and so boyle all together, and lay it to the place as hot as maye be; this is proved.

### To destroy an Impostume.

Take the roote of Hollibock, and wash it very pure, seeth it till it be tender: then put the water that you sop it in, into a cleane vessel: then take Linseed, Fenegreke of each the like quantity: and looke that you haue as much of them both as of the roote, then seeth it in the same water, untill it do roape as budling, then stamp the roote, and put thereto Barley meale, then mingle all together, & fry them with Bees greace, and lay it to the sore plasterwise.

For

## Treasure.

For the Rewme and Cough of the  
Lungs.

Take young Elicompane roots, a pound  
of Setrach, of Maidenhaire, Ana, .j. all  
being new gathered, scrape the Elicôpane  
roots, and cut them into small slices, seethe  
them all together in fine pints of running  
water till they come to a pinte and a halfe,  
then straine them, and put thereto fine Su-  
gar thre quarters of a pound, then boyle it  
till it come to thre quarters of a pinte, then  
take two yolkes of new laid eggs, and beat  
them, and let them boyle together while  
you may say the Psalmes Miserere, & take  
hereof at night a spoonfull, and another in  
the morning, lying on your backe an houre  
after you haue receiued it: and in foure  
dayes keeping you warme, it will rid the  
greatest Cough that is.

For a Canker, or disease of the Gummes  
or throat.

Take a handfull of Plantaine, a hand-  
full of Hony-suckles, an ounce of Wasie  
leaves, halfe a handfull of Sage, a quart  
of running Water, these things being  
boyled therein, untill it come to a pinte,  
then straine them, and put therein fine  
D 4 spoon

## The Widowes

spoonfulls of sharpe vinegar, five spoonfulls of Stone Hony, as much Roch Allom as a Walnut : this is proued to heale the Canker.

A gargill for a furred mouth.

Take Barly water, Strawberry leaues, and sinkfoile, Ana di. ʒ. a sticke of Liquorice, di. pinte of white vinegar, let it run throught a twofold linnen cloth, it is good for a furred mouth or throat.

To heale the Canker vpon the Yard.

Take an ounce of Roch Allom, and halfe an ounce of Merdigreace; with Smiths water, and put it in some vessell of glasse, and seethe it two houres: straine it and vse it as you thinke good.

Pillule Eliphange helpeth the stinking of the mouth, being taken euery day mipped betwixt your teeth.

For a stich, or wind Collicke.

Take Capillus Veneris, Parslie roots, Fennell roots, of each a quarter of an ounce, bruise those herbs, and drinke that iuyce with white wine.

Haire to grow.

Acornes burnt, and mixt with Beares greace.

Against

## Treasure.

Against spots and pimples of the  
face.

Nigella brayed and mixed with flower  
and Hony, and make thereof an oyntment,  
and anoynt therewith the spots at night,  
and in the morning wash them with Parsly  
water.

For a hot burning of the stomacke growne  
of choller, which causeth the  
Feuer.

Take Borage, Mallowes, Fumitory,  
Violet leaues, Beets, great Raisins, the  
stones taken out, Prunes, Polipody, with  
a little Dill: seethe these in pottage, and eat  
thereof.

For a faultem face.

Take the iuyce of Housleek, and the iuyce  
of Tansey, and seethe them in a pinte of  
white Wine to halfe a pinte, and when it  
is cold, lay it to the face with a flaxen cloth  
dipped in the same, and so let it lie al night,  
and when it is dry, then you may wet it so  
often as you list.

For an Ache.

Take Oyle de Bay, and Aqua vitæ, a  
spoonfull, and mix them together, and an-  
oynt it.

For



## The Widowes

For heat in the face.

Take a pound of Almonds, a pinte of warme water, straine them, then put there to halfe an ounce of white Camphire, a pint of white Wine, beat them together, and straine it with a pinte of Margerum water, and put it in a Glasse, and wash therewith.

For the same.

Take Winger halfe a pinte, Dieres suet as much as you can hold in your hand, Brimstone so much as will goe into an egge, being finely bruised, seethe them al together till they be almost dry, being made in a ball, take a little thereof and put it into a Sawcer, & melt it with a few coales, then take a fine cloth and dip therein, and rub softly the place where the corruption is, untill it be taken away.

If this helpe not within a Month, then drinke euery morning a cup of Ware, put into it fine English Madder finely picked, bruised, and searced, and drinke it.

For the same.

Take Capons greace, melt it and straine it thow a cloth, and let it stand to coole a quarter of an houre, then put in Brimstone



## Treasure.

Stone finely bruised, and mingle it with the Capons greace, and anoint the face there, with when you goe to bed, where the pimples or rednes be, and in the morning wash it in Rose water luke-warine. Remember you picke not your nose: if you will haue it stronger, put in Ginger finely beaten, a penny-worth of each will serue, but of Capons greace two penny-worth.

### To vomit vp Choller.

Take six Docke roots cleane washed, and the pith taken out, a few tops of Red Rints, and a little Worm wood being steeped in a quart of Ale, or white Wine all night, and drinke thereof halfe a pinte at a draught; it is good to cleanse the body in all parts, as before is said, perhaps with a stoule or two: this is appoyned, being taken betwene March and June.

### For a Fellor.

Take twelue Snailles in the Garden, and beat them shelles and all untill that it come to a salne, and apply it, and when it wareth dry, take fresh still, and it will kill, heale, and draw.

## The Widowes

To stop the whites in women.

Pomegranat flowers, the kernels of Pine Apples bruised together, with two or three branches of Saint Johns wort, being boyled in a quart of red wine, from a quart to a pinte and a halfe, and drunke morning and evening.

For the stuffing of the Lights  
and Lungs.

Take Arthemisia, Epithimum, red Sage, Rosemary tops, red Fennell, of each a handfull, a Galingale root, halfe ʒ. of greene Ginger, halfe ʒ. of Manus Christi, a sticke of Liguozice, seethe it from a quart to a pinte.

For the heat in the backe, approved  
by Doctor H V I C K E.

Take the water of Plantaine distilled, or the iuyce thereof put to the leaues, the leaues of red Roses distilled, and the Water of red Roses, and the water of red Rose Vineger, then put all these together in an earthen pot, and put into the Water a Linnen cloth, and let the same steape there: then after a while take it out, and with a few leaues of red Rose cake, lay it to the Backe, add when it wareth hot, vse  
ano,

## Treasure.

another cloth dipped therein.

To dry vp the Rewme.

Take Nutmegs, Cloues and Mace beaten to powder, with the powder of Rosemary, boyle these together in sweet Wallet oyle untill it be somewhat thicke: spread it vpon a cloth, and lay it to the crowne of the head, this is approued to helpe it.

To keepe the eyes cleare, coole, and  
from rednesse, and to kill  
the Itch.

Take of Plantaine two handfuls, house-  
leke one handfull, stamp them and straine  
them, and let it settle, then powze out the  
cleare iyce from the drosse, put thereto  
halfe as much red Rose water, and a quar-  
ter of a spoonfull of white Sugar candie in  
powder, then take Lapis Caluminaris, a  
piece as big as your thombe, and flake it  
twelue times in the same water, and hereof  
put foure drops morning and euening lying  
vpon your backe. Approued.

Against the Collicke and Stone in man-  
ner of a Plaster.

Take Parsley, and Smalage, Ana, two  
spoonfuls of Capons Greace, put this in  
an earthen vessell, putting the one spoonful  
in

## The Widowes

in the bottome, and the other in the top vp,  
on the herbes, set these on the Embers to  
boyle from morne till night, then stampe  
them and straine them, and spread the oynt-  
ment vpon a linnen cloth, and lay it hot to  
the Pawell and bottome of the belly.

A Clister to be giuen to a Childe, or  
a woman in Child-bed.

Take a pinte of new Milke, three ounces  
of red Sugar Candie, boyle your Milke  
well, then take it off, and let it stand, till it  
be no warmer than you can abide it on your  
cheeke, and with a Clister pipe put it vp.

### A Clister.

Take a Hen pullet, draw it very cleane,  
and breake all the bones thereof, the seethe  
it with a quart of Liquor, untill that it  
come to a pinte, then take a handfull of  
Spinage, one handfull of March-Mal-  
lowes, or other Mallowes, and a handfull  
of Violet leaues, seethe these herbes in the  
liquor of the Pullet very well, with as  
much salt as will season an Ege, then  
put thereto a Sawcer full of pure Sallet  
Oyle, and warme it.

## Treasure.

To breake the Stone.

Take a Cocke of a yere old, and open him, and you shall finde in his Stomack small white Stones, take them and beat them in a brazen mortar very fine, and put it in good white Wine, and drinke it, and it will breake the stone.

Against Tooth-ach.

Take a little burnt Roch Allom, and in the burning put a little fine Lint into it, and put it into your tooth that is hollow, this will ease the paine.

A medicine to strengthen the  
backe.

Take a quart of good Ale, three or foure whole Haces, and as many Dates, the stones taken out, and pith also: then take the tops of Rosemary a good handfull, and boyle all together from a quart to a pinte, then take the yolke of two or three new laid Eggs, and take off the rinde about the yolke, then put the yolke into the Ale, and boyle them together, and stirre them well, and so drinke it morning and euening.

For the heat in the backe.

Take Vngu. Frigidum Galeni 3. iij. you must take the ointment and spread it vpon  
the

## The Widowves

fine Linnen cloth, being first dipped in red Rose water, then warme it against the fire and so lay it vpon the kidneies, and when it waxeth hot, take it off, and lay to another.

For the Collicke and Stone.

Take the cuttings of a Vine, and drye them thozowly, when you will make your medicine, burne them, then take the Ashes that doth come thereof, and put it into a pinte of Rhenish wine, or White wine, and let it stand in it all night, and in the morning drinke thereof: thus vsing the quantity of the vine to the quantity of the wine, Probatum est.

To stanch blood.

Take the best Vineger that you can get, Plantaine water, of each two pounds: & therein wet diuers Linnen clothes, and lay them to the soles of the fete, the palme of the hand, and against the Liner: and the blood shall forthwith stanch.

To take away spots from the face,  
and Sun-burning.

Take the iuyce of a Lemmō with a little Bay salt, wash your hands with it, and let it drie, then wash them with conduit water

## Treasure.

water, and you shall finde all spots gone: it  
is good against scurfe or such like.

Against the stuffing of the Lungs.

Take and make a posset of Sacke and  
Ale, with Anniseeds and Liquorice beaten  
to powder, and let it seethe with the drinke,  
put in it a good piece of Sugar, and Dredge,  
if you haue any, and drinke thereof euery  
morning, and it helpeth.

A water to wash the Yard, for one that  
had the running lately of the  
Reines.

Take Daisies, Plantaine leaues, and  
Woodbinde, of each thre handfuls, of the  
best English hony, and a piece of Roch Al-  
lom as big as a Walnut, boyle all these in  
a quart of faire water, with a pretty quan-  
tity of red Rose water in an earthe pot close  
couered, so long as you will seeth an Egge  
vntill it be hard: then straine it, and with  
this water with your Searing, squirt it in-  
to the Yard, the water being luke-warme,  
so that the pipe thereof be put in an inch or  
more, & spout it strögly, that the water may  
come behinde the soze place; and so vse it e-  
uery day thre times for a moneths space.



## The Widowes

For sinewes that be shrunke, in manher  
of a plaister.

Take 12. young Swallowes out of the  
nest, take also vnset Time. the leaues and  
Strings of Strawberies, and Lauender cot-  
ton, of each a handfull, & stampé them toge-  
ther, and the swallows with their feathers,  
guts and all: then stamp them in a morter,  
and so boyle it in May Butter, then let it  
be put in an earthen Pot, stoppéd close the  
space of nine dayes, then seeth it again with  
some more May butter, and straine it: and  
when need is, chafe it against the fire.

For sore eyes that maff or itch.

Take Lapis Caluminaris, and make it  
hot in the fire, quench it in a pinte of white  
wine 3. or 4. times: then take the stone  
and stamp it to fine powder, and straine the  
wine with the powder, & put it in a glasse,  
and when you haue need, v'se it. Remember  
to shake the glasse till it be thicke, and with  
a feather drop two or three drops in your  
eyes, the party lying on his backe.

Against the Sciatica.

Take foure or five great Onions & rost  
them very soft, then pill and stamp them in  
a morter, and put thereto halfe a pinte of  
Aqua



## Treasure.

Aqua vita, three spoonfulls of Beets set  
toyle, and boyle them together till it wax be-  
ry thick, then straine them, and therewith  
anoynt the grieve, chaffing it in before the  
fire a quarter of an houre evening and mor-  
ning, then lay a wild Cats skin thereto, the  
hairy side next your flesh, and within fifteen  
daies you shall finde ease.

An oyntment for Aches, Bruises, I amenes,  
Stitches, Gouts, hardnes of the Spleene,  
Ague, Cankers, and for paine  
in the Eares.

Take of Sage and Rue, of each a pound,  
of Wormwood and Bay leaues, of each  
half a pound, of Shæpes sewet cleane  
picked from the skin three pound, of sweet  
toyle Olife a pottle, chop the Herbes very  
small, and then stampe them as small as  
may be, then shred the sewet very fine, and  
put them all together, then stampe them all  
together untill the sewet be not sene: then  
take it forth and put it into a faire pan,  
and put the Oyle into the pan and close  
it close, and so let it stand for the space of  
ten dayes: then take it forth and breake it  
into a brasse pan, and set it on a soft fire,  
and alwayes stirre it untill the Herbs be  
cracking,

## The Widowes

cracking, then take it off and straine it thorough a wide Canuasse cloth, into a faire earthen pot, and so keepe it. For those vehement aches, when you shall lay of this oymntment vpon it, you must take wooll that groweth betwæen the shæpes legs, or the longest of the wooll, and card it in broad flakes, and baste it vpon a Linnen cloth, and keepe that alwayes to it.

To cause one to pisse.

Take horse dung of the stable, new May Butter, and Aqua vita, of each like portions, fry them together, and make thereof a plaister, and apply it to the patient from the Pauell to the fundament, as hot as he may suffer it, and feare not though it came to make blood issue, for such is the working of the medicine: it causeth the stone to void: approved.

A soueraigne medicine for an ache in the shoulder.

Take Figs, and Rayns of the Sun, of each a like quantity, and halfe as much Mustard-seed, and beat them very small, grinde them with the best Vineger, in a paire of Mustard Quarns; that done, spread it vpon a Lambs skin, and lay it to the ache.

## Treasure.

To staunch blood at the nose.

Take an Egge and breake it, and put out the meat, then receiue so much blood as wil fill the shel, of the party bleeding: that done, set the same in the fire vntill it be hard, then burne the same to ashes, and it shall staunch the bleeding.

Idem.

Take an Inkle, & binde the person so bleeding about the temples of the head, & knit the knot thereof in the neck, & it francheth.

For an Ague.

Take thre pints of Ale, an ounce of red Sage, the like quantity of bay leanes, thre ounces of fine Sugar, with a spoonfull of Pepper, seethe all these together in the Ale, vntill it be sodden to a pinte, then straine it thorow a faire cloth, and drinke this before the fit commeth.

To binde to the hands, being parcell of the same medicine.

Take as much græne Glasse as will fill a spoon, being beaten to powder, take thre spoonfulls of Stone honey, with a handfull of red Sage: mingle these with a head of Garlick, putting thereto as many Cobwebs as will temper the same, being an Egge-shell

## The Widowes

full, then take them all together, & vse this a quarter of an houre befoze the fit; this must be vsed round about the wrists.

For one that consumeth, to be eaten in the mornings.

Take a new layd Egge, let it be reare roasted, and put thereto a cake of Manus Christi, and let it dissolue in it; and eate the same euening and morning.

For a cold stomacke.

Take a new laid egge being reare roasted, and put thereto a pretty quantity of grosse Pepper, let him eat it next his heart, to dissolue cold humors.

For the swelling of the heart, and breaking of flegme.

Take a quarter of a pinte of Damaske Rose water, three spoonfuls of white wine with a few sops of white Bread, a pretty quantity of Butter and Sugar, this being boyled upon a Chafingdish of coales, let the party eat thereof three or foure spoonfuls after meat.

Take a small quantity of Malmsey, Butter, and Vinegar of Roses, boyle them on a Chafingdish, and put thereto a Rose cake to heat in it, vntill it be thorow soaked, and lay

## Treasure.

lay it to the stomacke, and let the party be rolled.

Against an Ague, the Plague, and good to comfort nature.

Take a pinte of Balmie, and a handfull of Bay weed bruised, and the ioyce thereof put in the Balmie, & let the party drinke thereof.

For the winde Collicke.

Take of Sacke and Aqua vita, of each a quarter of an ounce, put thereto a piece of Sugar, and let the party drinke thereof.

To cleanse the inward parts, and for the rising of the Lungs.

Take a pinte of Sack & burne it, soz to alay the heat therof, put therein a peniworth of Triacle, a little Ginger, a Nutmeg grated, Sinamon a good quantity with Sugar, & after it is boyled, put thereto a peniworth of Waller oyle, and drinke thereof morning and euening, it will cleanse the body.

For an Ague.

Take a pretty quantity of Daffadonillics the blades, bruse them, and seeth them in a pinte of Ale or Wine, with a spoonfull of Graines brused: let the party drinke thereof before his fit come.

## The Widowes

For one that is deafe.

Take a red Onion, and cut out the roze, being in the midst thereof, putting therein the Oyle of roasted Almonds, the Onion being something warme : the next morning when it is cold, let the party griued cause one to drop thre drops thereof in the eare of the party in the morning or euening, stopping his eare with blacke Wool that groweth vnder the Shæpes eare : and let him lie vpon the same side.

Idem.

Take the iuyce of ground Iuy, and white Copports being burnt, and lay the same in the iuyce of the Iuy till it be dissolved, and so vse thre drops morning and euening.

For the bloody Flux.

Take Iurden Almonds and blanch the, and let the boyle in English hony till they be blacke, and so eat them with a little of the best English Hony.

Amber Beads beaten to powder, and put into a Chafingdish of coales, the party griued must sit ouer them as if he would ease himselfe.

An excellent medicine for the greene Sicknesse.

Take

## Treasure.

Take a gallon of morning Milke after it be settled, cresse & all: take also a best of the youngest Meale, and the fattest you can get, wash it faire, and dry it with a cloth, so that no water remaine, bruse the same bones and all, and put it into the milke, take twelue Dates or moe, and cut them in the midst, and take also a quarter of an ounce of whole Mace, and halfe a pound of Currans, two handfulls of Hints, a handfull of wild Time, and put all these into the milke with the Meale, and let the liquor seeth vntill it be halfe consumed in seething, & when it is well sodden, it will be as Jelly: when it is cold, the Patient may either drinke it being warme as a broth, or it may be eaten as Jelly being cold. If the patients Stomack will beare it, make a toast of wheate bread, and soke it in Palmie, and strewe vpon it the powder of Hints: the party must vse this five or six weekes, or as long as you thinke good being towards Spring time, with some exercise.

To prouoke vrine speedily.

Take wood-Betony both roots & leaues, wash them, and put them to dry in a Stue, in an Ouen where browne Bread hath bin newly

## The Widowes

newly, drawne, vse halfe a spoonfull of this powder in white Wine, Posset drinke, Potage, or in your drinke.

For heat in the Luer.

Take a quart of Strawberies, wilde Tansie, three pints of new Milke, still all these together, and drinke it in the morning next your heart, and wash your face therewith.

To preferue nature, to eat a  
mornings.

The yolke of an egge with Manus Christi,  
To make a Clister.

Take a fat Sheepes head, or a Capon, a handfull of Beets, a handfull of Gallows, a handfull of Violets, and if the patient be hot, take three spoonfulls of Oyle of Roses, if cold, take the like quantity of Oyle of Violets, boyle all these together untill it come to a pinte, then straine it, and let the patient drinke.

For one that is weake, and to comfort  
the Stomacke.

Take a pinte of Sack, and burne it with a top or two of vnset Bisop and Rosemary, take the Dates beaten in a mortar to pap, and let it burne with the Wine: also with



## Treasure.

a new laid Egge beaten, a spoonfull of Damaske-Rose water, and a spoonful of Sallet oyle, drinke this in a morning first, and at night last.

Palmesie burnt with a penny worth of Saffron, being dyed to powder, with Sallet oyle & Triacle, of each a halfe penny worth: vse it morning and evening.

Idem.

Pettle seeds dried and beaten to powder, and drunke with Palmesie euery morning.

To restore nature, and to helpe a weake backe.

Take a quart of Hack, a top of Rosemary, Winter Sauery, Penitriall, of each a like: as much Ginger and Nutmegs as will burne the wine. Then take a new laid Egge or two, yolkes and all, and beat it with three spoonfuls of red Rose water, and put thereto a piece of Sugar, then take the burnt Hacke and burne it with the egges a good while, and put in it a Hace, and it will be in manner of a Cawdle, vse to drinke of this warme three times a day, morning, after dinner, and when you goe to bed, put therein some Sallet oyle.

To

## The Widowes

To stay running of the Reines.

Take a pinte of Milke, and a good quantity of Datemeale, being well brysed, and seeth it with the milke, and put therein a good piece of Sugar, and eat the milke thereof being strained.

A precious oyntment or Oyle for swelling or aking in feet, legs or knees, taken with cold, being excellēt to heale a wound or old bruise, & shrinking of the sinewes: also it is very good for all sores or aches whatsoeuer.

Take a gallon or pottle of the best Sallet Oyle, then take Sage, Lauender, Eothenwood, Wormwood, a quantity of Camomill, after the quantity of the Oyle, & cut the Herbes small, then put them in the oyle in a faire bason of Laten or other metal, and stir it well together: and put in so many Herbes, that it may be thicke standing, and so let them stand and rot a month full, then make a faire fire of Coales, and putting to a quantity of the same Oyle, set it on the fire in the same Bason, and let it boyle three houres or more. Then take it from the fire, and let it fry, and when it is  
milke

## Treasure.

milke-warne, & somewhat hotter, then take a bag of great Canuasse, and with a stasse straine out all the matter as cleane as you may, then put it in a Glasse, or some other faire thing, and keepe it well closed, and it will continue in his vertue twenty yeeres after. Probatum est.

For stewed Mutton.

Put your Mutton into a Pot with faire water, and let it seeth, and scum it faire, then put in salt, make not too much broth: then take Hyssop, Thyme, and Parsly, and chop them small, and put them into the pot with a little pepper: then serue it out with sops, and if it be in Winter, put in some Carret roots.

To dresse a Hare or Cony in broth, with a pudding in their bellies.

Your Hare or Cony being slayed, and the eares left on, let it be washed in two waters, hauing before prepared in a readines, grated bread, Currans, sweet Mutton sewet, or Base sewet finely minced with pleasant & wholesome herbes, as Winter-Sauery, and Peniriell, with sweet Marierum, these also very finely chopped; and seasoned with Pepper and Salt, Cloues and Mace, the

## The Widowes

the yolks of three Eggs, with sweet Creame and Sugar, with two or three Dates, all these mingled together, put into the belly of the Hare or Cony, and so sew it vp. Then take Mutton broth of the best and fattest, put it into a Kettle where your Hare may lye compasse, or Cony long wayes, after it hath boyled a little put it in, and put thereto Grapes or Cowberries, sweet Butter, Salt, Meriuyce, Currans, grated bread and Sugar, and when it is boyled, serue it forth with sops.

### Mutton.

Put your Mutton in a pot with faire water, and let it be well scummed, then take some tolkes of bread, and tost them browne, & then cast them into cold water, but take them vp againe quickly, and let them lye and dry a while, then straine them with wine and vineger, & so put it into the Pot and let it boyle: put in some Pepper, whole Cloues and Sinamon, and let all this be well stewed, but forget not Salt. Serue it out vpon sops, and boile some Onions in it cut into pieces. And likewise this wil serue for Mutton, Gallards, and Teales.

To

## Treasure.

To boyle Chickins with Endiue and Succorie, or Lettice, or any other cold Herbes.

Prepare a loyne or a rack of good mutton with a marrow bone or two, & being chopped, put it in a pipkin with faire water ouer the fire, and let them sath a pretty while together, then take halfe of it out of the Pipkin, & strain it with a strainer, then put in your Chickins afterward, hauing prepared your cold herbes clean washed, put them in. Also hauing steeped your white bread ready to straine thorow a strainer, let your broth be therewith thickened. So take Pepper, Salt, Metiuyce, and Sugar, and season your broth: then vpon sops serue it forth with the marrow vpon it.

For small Lampernes.

Let your Lampernes be cut in small pieces, then take a frying pan with Butter and Onions minced, and so fry them together: And when they be well fried, put them in a pot, then take two toastes of browne Bread, and toast them well, then straine them with a quantity of Vineger, Wine and Water, and put thereto a little Pepper, Cloues and Gaces, and boyle

## The Widowes

all this together with your Lampernes, bp,  
on the Coales, and so serue them out with  
sops.

To potch Egges in broth.

Take Meriuyce, and faire water, and a  
dish of new Pest, and put therein Cloues,  
Pace, Currans, Sugar, sweet Butter, a  
handfull of Spinage, and let them boyle a  
good while: then hauing potched your Eggs  
in faire water that is seething, lay your  
Egges in broth, and serue them forth with  
Herbes layd ouer them.

To bake Breame, Trout, Mullet, Pike,  
or any Fish.

Let them be well seasoned with Cloues  
and Pace, Salt and Pepper, and so bake  
them with small Currans, Meriuyce, But-  
ter, great Raylins and Prunes.

For Sops on the Fish daies.

Take some Onions and fry them with  
Butter a while: then take water, Pepper,  
and salt, and put al together into a pot with  
the Butter and Onions, & let them simmer  
vpon the fire: And so serue them out vpon  
sops, and cast a few small Raylins vpon the  
sops, and put the broth vpon them.

For

## Treasure.

For Spinage,

Take Spinage and wash it well, then lay it vpon a board, and giue it fine or six chops with a knife, then put it into a frying pan with a little faire water and seeth it well, then take Butter, Mergis and salt, and put it to the Spinage, and so boyle it together in a pot, or betwene two platters, and so serue them out with sops.

Sod Egges.

Seeth your Eggs almost hard, then péele them, and cut them in quarters, then take a little Butter in a frying pan, and melt it a little browne, then put to it in a pan a little vineger, mustard, pepper and salt, and then put it into a plat ter vpon your egges.

For Oxe tongues boyled.

When your Oxe tongues be boyled, take them and péele them, and cut them ouer thwart in small pieces, then fry them with Butter, and put them in a pot with toasts strained with wine vineger and water, and so let them boyle: put thereto salt, Onyons quartered, Pepper, Sinamon, and whole Cloues, and so serue them with sops.

Spinage.

Take Spinage and perboyle it well, then

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ming

## The Widowes

Wring the liquoz cleane from it, then chop it very small, and put it into a platter, and breake some Egges into it: then take a handfull of grated Bread and put into it, and Sugar, with a little Salt, and beat all these together, but let it not be too thick nor too thin, but better thicke then thin, then take a Fryng-pan with some Butter, and when the Butter is a little more then melted, take a spoone and lay your Spinage in the Fryng-pan every spoonfull by it selfe, and so fry it as you would fry the Fritters, and put it in a dish, and cast Sugar on it.

### For Egges.

Take some Egges and beat them well with a little faire water and salt, then take a Fryng-pan and melt your Butter: and then put in your Egges, then take a knife and lift vp your Egges, that the raw may goe all to the bottom of the pan, then turne it vp with your knife on every side that it may be square, then lay a dish vpon the pan, and turne the pan vpside downe vpon the dish, and so serue in your Egges with Veriuyce and Vineger, which you will.



## I reasure.

A drench to plum vp a Horse, and to expell Cold, to cleare him of the Glaunders, and to open the Pipes.

Take ground Millis, alias Groundsell, Enula-Campana of each a handfull, stamp them and straine them in Ale, seeth them all together, then take of Fenecreke, of Turmericke, Annisseds, of Cumminseeds, of Garlick, of long Pepper, of Liquorice, of Graines, & if he haue the bots or wormes, giue him Sauiue. Giue him this drinke lukewarme a quart at a time, the ride him till he be hot, then bring him into the stable and litter him wel, and currie him til he be thorow cold, then let him stand after vpon the bit, and turne him to grasse.

To a Horse that hath eaten a Feather, giue a branch or two of Sauiue dry.

A drench for a Cough.

Take a quart of Vineger, Fenecreke a peny worth, Turmericke, s.d. Enula Campana, s.d. long Pepper, s.d. Barberies, s.d. Liquorice, i.s.d. foure Egges, Annisseds, lay the eggs in wine al night, and after in these drugs beaten, and giue it the Beast.

## The Widowves

To make a good powder to giue a Horse  
in his prouender, or to giue him to  
drinke for a Cough, and  
other diseases.

Take of Liquorice  $\text{j. lb.}$  cut it in pieces  
and beat it into powder, then take Annis  
seeds,  $\text{j. lb.}$  of Graines, of Tormentick.  $\text{j. lb.}$  of  
Fenecreke  $\text{j. lb.}$  one Nutmeg, halfe a pinte  
of Dyle Oile, and a quart of milke.

To cause a Horse to haue a good  
hoofe.

Take Cow dung or Dre dung, and let it  
be mingled with strong Vineger, and in the  
euening apply it being made very hot, vpon  
his feet, and wrap vpon the hoofe a piece  
of Leather, or some old rags to keepe in the  
heat, and within two dressings it shall be  
remedied.

For a Horse that is stung with an Adder  
or Snake, a present remedy.

Take three handfulls of Sanicle (it is a  
weed commonly knowne) and stampe it,  
and put it in new milke, and with a horne  
drench him: Or take hony and salt, and two  
Onyons. then stampe them and apply it to  
the sore place, and drench him with this  
composition as followeth: Take a quart,  
and

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and put into it white Pepper, Herbe-grace and Time, with a little Triacle.

And if he be prickt with a nayle, this is a sure remedy, search well to finde out the nayle, his Hoofe being cleane pared, especially the corrupted place or heele, where the nayle had festred, then take Ro-en and Wax to fill the same place, and with an hot yron, melt the Stone Pitch vpon it, and lay thereupon some Cotton, then being wel shod again, you may trauel him at your pleasure.

If your Horse by chance drinke a Horse-leech, he is in great danger, for by their sucking they will kill him: but presently take sweet Sallet Oyle, and powre into his mouth the quantity of a quarter of a pinte, and it will destroy them presently.

If your horse swallow doorene Hensdung in his Way, it will so fret his guts, that he will voyde at his Fundament very soule excrements, which being perceiued, make him a drench with Parsly seed, Smalledge seed, Hony and Wine, and walke him at least after it two houres.

If your horse haue the Botts, giue him euery morning two handfuls of Egrimony, without any other meat in his Hacke,

## The Widowes

till six houres after, and within foure or  
fue daies it shall destroy them.

If your Horse be lulsive about the eares,  
neck or taile, or any other part of his body,  
take a pound of the best Sope you can get,  
and halfe a pound of Quicksilver mortified  
with Aqua vitæ, and with this oyntment  
you shall destroy them.

If he cannot pisse, giue him a quart of  
Chalke-water somewhat warme, if bro-  
ken-winded, take Lung-wort dyed, or  
Dwarfe Gentian, and mingle it with his  
water that he drinketh, till he mend.

If he be scabby, let him be let blood, and  
afterward with this oyntment let him be  
anoyned where the scabs are. Take Soot  
of the Chimney, soft Sope, the iuyce of  
Hemlockes and Vineger, Quicksilver, li-  
quid Pitch and Hony, and mingle them till  
they come to be an oyntment. Kill the Mer-  
cury with fasting spittle.

If his backe be galled, take the powder  
of two old Shooes being burnt, with a  
pretty quantity of Butter molten, and  
powre it vpon your Horses backe very hot,  
then after that, put the powder therein.

This is approued.

## Treasure.

An excellent medicine for a sore Horse  
back, if it be neuer so sore bruised, if  
there be a Fistula, it healeth it, or  
any dead flesh.

Take a quantity of Allom and burne it,  
and also take a handfull or more of Barley  
and burne it, then take the powder thereof  
and mix it with the Koch-Allom, being  
both mingled together, powze it vpon the  
sore morning and euening, but if the sore  
be corrupt and full of dead flesh, then vse  
more of the Koch-Allom, then of the pow-  
der of Barley, and when it becometh to  
heale, vse them both together, but more of  
the Barley than of the Allom: this is a most  
excellent remedy. If you haue no Allom  
presently, let him take a good quantity of  
Butter and Tergis, and put it vpon the  
fire, and make it very hot, and so powze it  
vpon the sore morning and euening, laying  
a little Hay and a cloth thereon, and bin-  
ding it close all night.

If the horse be pinched and swolne, then  
keepe it warme, and dip a pad of Hay in  
water, and lay it vpon it, and keep the Sad-  
dle or somewhat else vpon it all night, and  
it will allay the swelling. Wounded.

## The Widowes

A present remedy for the Cow-flix.

Take a pottle or a gallon of faire water, and put therein so many Hedge shoes as will suffice to be steeped in the said water, and set it ouer the fire to seeth, and therewith mingle the powder of Chalke egges: which you may haue at the Kilne, because it is the best and finest in medicine: and giue it your Cattell.

For faint Cattell, as well Cow, Oxe, Bull, or Steere.

Onely Mergis is the remedy giuen them to drinke, and presently turned into a good pasture.

Or else thus: take for euery one a pinte of Mergis, and put thereto a little handfull of Bay Salt, and therewith rub their tongues, and afterwards let them drinke the rest, as we haue before declared.

Sometimes also by euill feeding or bzing, their teeth are loose that they feed not, which you shall remedy thus. Take the taile of the beast thus diseased, and with your hand feele for soft places, which being found, slit it along, and binde it vp againe with soot and Garlike mingled together, and it will helpe presently.

But

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But the most perfectest medicine that may be giuen, is to haue this speciall care, that they want no water.

An excellent drench to be giuen to Cattell, either at the Spring time,  
or fall of the Leate.

Take hard Soot that commonly is vpon the poasts of a house, or Kasse where the smoake hath his issue, which being beaten into powder with Bay Salt, saith the same in running Water, and giue it them to drinke, ranke Iuy with the Soot and Salt, and when the Iuy is soft, wyng out the iuyce, and straine it thorow a strainer, and let your cattell drinke thereof blood-warm. Often proued.

If they be hide bound, take the leaues of Flower-de-luce, straine them, and let them drink the iuyce thereof. It is proued.

If they be swolne of the taint, giue them to drinke presently mans Urine mingled with Salt and Triacle. Approued.

If your Cattell, viz. Horses, milch Bine or Dren, happen to be bruised or wounded by any misfortune, presently giue them to drinke the iuyce of Sanicle, and also apply the Herbe to the outward part where the grieve

## The Widowes

griefe may happen. Comphrey is of the same vertue, especially for a fall, squat or bruise.

Snailles stamped with selwe leauen and Comphrey, and apply it to any part of the Beast that is pricked with a thorne, it will draw it forth soone.

For Cattell that are sicke, or hurt.

The blood of a Gray mixed with Salt, and instilled into the hornes of Beasts is approued, for to preserve them from the Scutten.

If you suspect them to be infected, apply to their nostrils the herbe Pennyriall some, what b used.

Cut the Beast in some part, and put into the wound powder of black Heleboze, which is of this singular vertue, to draw out to it any poysoned humour, and it yieldeth present remedie.

A soueraigne drinke for all manner of Cattell that you suspect to be Lung-sicke.

Take the herbe that is called Cowslip, or Lung-wozt, it groweth vnder euery hedge, and stampe it, and put thereto fene creke, andadder with good Ale, and with



## Treasure.

a honye, or pretty Tunnell, drench either your Horse, Oxe, Cow, or Swine, and it shall yeld present remedy, if there be any disease in the Lungs.

Dwarfe Gentian, of some called Hock, Gillofer, small chopt and giuen to Swine, and all other Cattell, it preserveth them wonderfully from the Suren, and all such contagious diseases as happen to Cattell in corrupt times.

The bitter Wetch is most profitable to be giuen to Oxen, or other Kine, that you are desirous to haue sone fatted.

The water which standeth in the holloves of Beeches, doth perfectly cure the naughty scurfe and wild Tetter, or scabs of Oxen, Horses, Kine, or Sheepe, if they be washed therewithall.

The leaues of black Elder are very good fodder and feeding for Kine, and causeth them to yeld more of milke.

Prick timber & Spindle tree is hurtfull for all Cattell, especially Goates, for it killeth them, if they purge not presently upwards and downwards.

Hogs & Swine are very quick of hearing, and are giuen much to sleepe, and will eat their

## The Widowes

their owne pigs, and feed upon vile carrion, which caueth in them many diseases, as Botch, hyle, and soze throat. But the best remedy that I know, is to let them blood vnder the tongue, and to giue them Gadder with Dances, called herbe Trinity, sod in Whay, and it shall heale them presently.

Molt precious and approued drenches for all Catte, but especially for

Kine and Oxen.

Take two handfulls of Lungwort, of both kinds of Rue, of the inner rinde of Elder, these being smal chopt, let it be put in a gallon of good Ale, which being set ouer the fire in a skillet, let it sceth vntill a quart be consumed, then stirring it, put thereto of long Pepper, Graines, Liquorice, Anniseeds, Commineed, and Turmericke, of each an ounce, of Gadder a quarter of a pound, and while that sceth, take a great bowle dish, and put therein a handfull of Bay Salt, halfe a handfull of Garlike, three or foure new laid Egges, Shells and all, two balls of Dilament, grinde all these things with a pestle in the bowle, then take the liquor aforesaid from the fire till it be halfe cold, and put the warme liquor into the bowle, with

## Treasure.

with the Garlike, Salt, Egges, and Dylament, brew them together well, and let the Cattell drinke of it blood-warme.

Oftentimes by many occasions, Cren wil pisse blood, which may be holpen thus. Take ij. ounces of Wormseeds, ij. ounces of Pepper, iiij. ounces of red Phasioli made all in powder, & mingle it with a pottle of white wine, & when you giue it them, stir it wel together & drench the twice or thrice a day.

Another excellent drench.

Take Bayberies a handfull, of Comine seeds two ounces, a handfull of Badder, a boule of Dylament, of Fenecreke, Turmeric & Triacle, of each an ounce, of Anniseeds, and graines, of each two ounces, these being well pounded, put them in a gallon of good Ale, and set them ouer the fire till they be blood-warme, and suffer not your beasts to drinke till noone in the Summer, and in the Winter not till night.

The vertue of Angelica, or Heale-all.

If any person be suddenly infected with the Pestilence, seuer, or immoderate sweat, let him take this root in powder the weight of a Groat, and put thereto a dramme of Triacle, and then compound them with  
four

## The Widowes

four spoonfulls of the water of the said root,  
and then after hee hath drunke, let him lye,  
and sweate fasting for the space of 4. houres.  
It is approued.

The root steeped in Wineger and smelt  
vnto, and the same Wineger sometime  
drunk fasting, is an excellent preseruatiue.

The root and water thereof is excellent  
against all inward diseases, it scowzeth the  
gatherings of a pluriſie when it beginneth:  
It helpeth corrupted Lungs, good against  
the Collicae, Strangurie, and prouoketh  
termes menstruall in Women, helpeth  
inflammations and swellings. The iuyce  
of the root allwageth the paine in the teeth  
being put into it, and worketh excellently  
against the paine of the Eyes, the iuyce of  
the root dropped into the Eye, quickneth the  
sight, and purgeth it from all filth, and the  
water, or powder of the Lease or Root, hath  
an excellent vertue for healing of rotten  
Ulcers, and cankerous sores, so that it clean-  
seth them, and couereth the bone with good  
flesh.

The herbe Cardus benedictus, or bles-  
sed Thistle, is most excellent against the  
head-ach: being eaten or drunke, it is good  
against

## Treasure.

against the giddinesse of the head, and comforteth the memory, and restoreth hearing: the leafe, iuyce, seed, and water healeth all kinde of poyson: For the water hath healed a woman whose brest was eaten with a Canker into the very ribs.

Balme sodden in white-wine, and drunk three or foure mornings together, purgeth the Brest, helpeth the short-winded, comforteth the heart, driueth away dumpeish heauinesse, helpeth the falling sicknesse, and all other diseases. If you will distill Balme, chop the herbe small, and steepe it in white Wine a night: it is of a soueraigne vertue, for it deliuereth women from their pangs and grieve of the mother: also it cureth the paines of the heart, it restoreth the memory, and causeth sweet and pleasant sleepe.

Bettony hath like vertues, it is of soueraigne vertue to breake winde, and comforteth a weake stomack, either the herbe or floure boyled, or the water distilled, the drie herbe in powder worketh all these effects, and then alone, or with hony, women that are troubled with the mother, let them vse it: To be short, the leafe, flower, or root of Bettony sodden or drunke in Conserue,  
Eledu.

## The Widowes Treasure.

Eleduary, Geop, potion. or powder, is singular for all diseases of the stomach, Liver, Spleene, Kidneyes, or bladder. It scatheth the matter from obstruction, and draweth from thence all hurtfull moistures, for consumption of the Lungs, Coughs, Drop-sies, continuall Fevers continuing from the stomach: boyle the leaues and flowers of Betony in hony water, and you shall haue present remedy.

To dry and heale vp all sores.

Take of common Waller Oyle a pound, of Ceruse foure ounces, of Vitarge three ounces, Myrre halfe an ounce, make these like a Beare-cloth which is made of wax.

Approved against the Plague.

Take Aqua vite three ounces, Rose-water an ounce and a halfe, wherein lay in Steeps three drammes of Cinamon, yelow Saunders one dramine: Straine it thoro w an haire-strainer and sweeten it with conserve of Roses, then take an ounce thereof euery morning, either in a spoone, or vpon a toast of bread.

FINIS.